

KIDS' MEAL PREP 101

Get creative with these time-saving, fun kids meals – just in time for back to school!

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KIDS' PREP BASICS



Whole Grains/Starch ¼ c to 1 cup

Pasta salad
Pretzels
Quinoa Salad
Whole grain crackers
Whole grain muffins
Whole grain pita
Whole grain waffles
Whole grain wrap

Protein 2-4 oz

Chicken salad
Deli meat
Hardboiled eggs
Tacos
Bean salad
Low fat dairy

Vegetables or Fruit ½ cup each

Salad w/ vinaigrette
Bell pepper slices
Cucumbers
Fresh salsa
Stir fry
Carrots
Seasonal fruit

TIPS

Grab & Go

Pack the kids snacks in a shoe organizer

- Apples, bananas, clementines, oranges, kiwis
- Fruit bowls or Fruit pouches
- Trail mix
- Dippin' stix celery sticks and peanut butter
- Rice cakes
- Clif Kid-Z bars, Natures Bakery Fig Bars

Eat More Vegetables

- Hide diced onions/peppers in sauces
- Add spinach to a smoothie
 - Chocolate protein powder + banana + fresh spinach + milk
- Bake low sugar pumpkin or zucchini bread
- Mix riced cauliflower into cooked rice or quinoa
- Experiment with sweet potato or cauliflower puree
- Portion out a sauce/dip
 - Ex. Guacamole, low fat ranch, honey mustard, hummus



LUNCH IDEAS



Whole grain frozen waffles with nut butter.
Sides = tangerines, cucumbers, and cheese.



Whole grain English muffin pizza. Sides =
lima beans (or peas) and grapes.



Snack plate of pretzels/nut butter,
cucumbers, tomatoes, and fruit salad.



Leftover cold tacos. Sides = carrot sticks,
blackberries, and raisins.

DINNER IDEAS



TURKEY MEATBALLS & PASTA

Combine 3-5 frozen turkey meatballs, ½ c tomato sauce, and ½ c whole grain Barilla Ready Pasta.



BANANA QUESADILLA

Combine 1-2 Tbsp peanut butter and 1 sliced banana in a whole grain tortilla. Microwave 2 minutes.



ENGLISH MUFFIN PIZZA

Halve a whole grain English muffin, top with 2 Tbsp pizza sauce and 2 Tbsp mozzarella cheese. Bake at 350° for 5-10 minutes.



QUESADILLA

Combine chicken or black beans, ¼ cup cheese, and 2 tbsp. salsa in a whole grain tortilla. Microwave 2 minutes.